



Cassadaga Saturday
Morning Yoga Class
8:15-9:30

Each class includes pranayama,
asanas, Yoga Nidra and Meditation to
promote wellness, peace of mind and
health. All levels benefit.

CONTACT: SUZANNE DEWEES
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PROFESSIONAL LEVEL KRIPALU YOGA TEACHER
YOGA ALLIANCE 500 E-RYT
FB page: Cassadaga Saturday Yoga Class

\$14 CLASS

"Yoga is keeping our true nature in mind"

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